



# FOR YOUR HEART

## Year 1 & 2 Referral Results

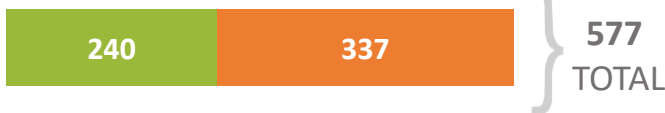


A program by District Health Department #10

The Live Well for Your Heart Project helps community members of Lake and Mecosta County make healthy changes in their life. Consortium members are collaborating to connect Live Well for Your Heart participants to health care providers, dental providers, and healthy lifestyle programs. Staff check in with participants to see how they are doing and to support them on their journey to a healthier life. In Year 1 and 2 of the Project, many participants were referred to a variety of services to help them make healthy changes. The results below show the combined totals from Lake and Mecosta Counties, as well as trends in referrals across both years where data are available.

### YEAR 1 PARTICIPANTS

Lake County Mecosta County



### YEAR 2 PARTICIPANTS

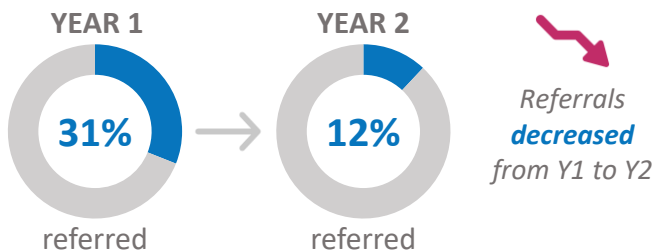
Lake County Mecosta County



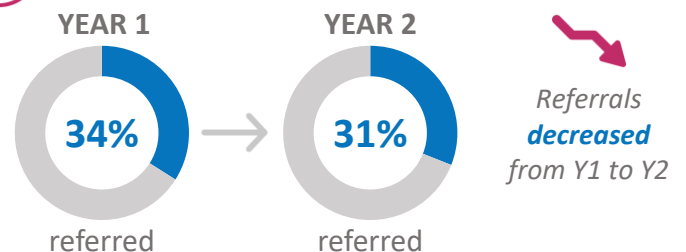
## SCREENING RESULTS (LAKE COUNTY + MECOSTA COUNTY)



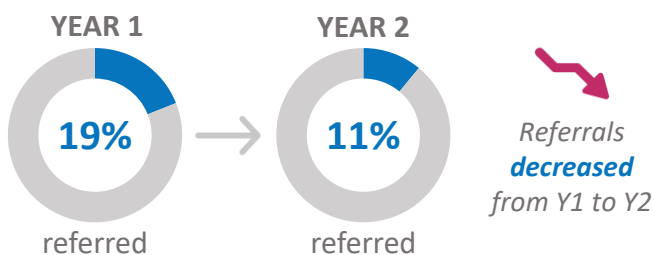
### HIGH BLOOD PRESSURE



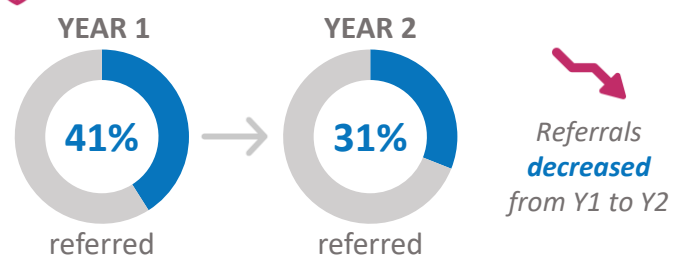
### TOBACCO CESSATION



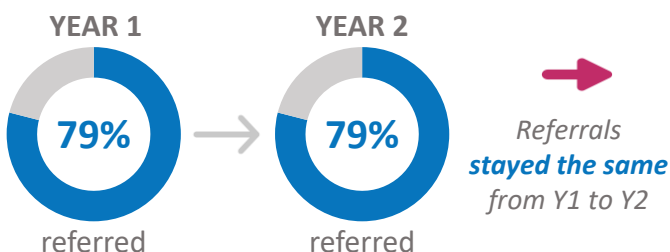
### DIABETES CASE MANAGEMENT



### DIABETES PREVENTION



### WEIGHT MANAGEMENT


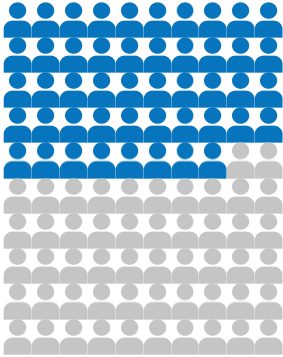


### RISK OF HEART ATTACK OR STROKE


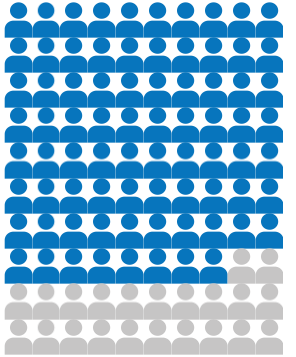


# BIG WINS FROM YEAR 1 TO YEAR 2


**1** **48%** of participants screened in Year 2 **lowered their 10-year risk of heart attack or stroke.**


**2** **78%** of participants with high blood pressure readings in Year 1 had **blood pressure managed** and had **normal blood pressure readings** when rescreened in Year 2.

**3** **37** participants **received tobacco cessation services.**




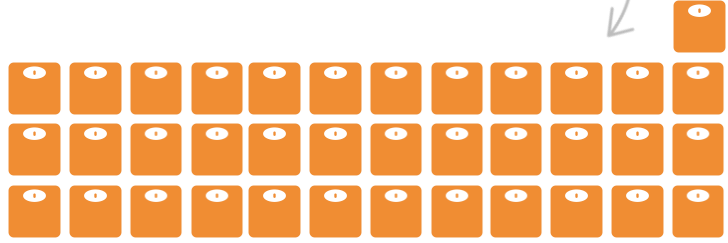
**4** **12** participants **quit using tobacco.**



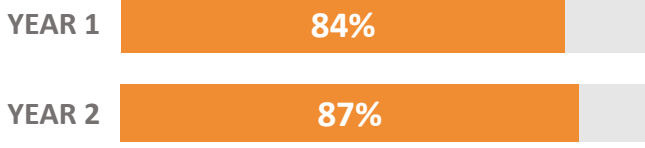
**5** Diabetic participants received diabetes case management services and lowered their A1c readings.

**84% of participants with diabetes had good control in Year 1 and the total increased to 87% in Year 2.**

**6** **37** participants **enrolled in the Fit 4 U weight management program** conducted by Spectrum Health Big Rapids Hospital and **now have a weight loss plan.**

 **good control**



The Live Well for Your Heart Project in Year 2 ended on April 30, 2020. Year 2 Heart Age Screenings and other project activities were cut short in early March due to the COVID-19 pandemic. Spectrum Health Big Rapids had to cancel a fourth offering of the Fit 4 U Weight Management Program scheduled to begin in April 2020. Thanks to the commitment and hard work of DHD#10 project staff and project partners, Baldwin Family Health Care, and My Community Dental Center, 59% of participants who were screened in Year 1 were able to be rescreened.

Project staff and Consortium members are collaborating to offer programming virtually in Year 3 to continue helping the Live Well participants access health care, dental care, and programming to promote healthy lifestyle choices and reduce their risk of heart disease and stroke. The Live Well for Your Heart Project is committed to the vision of improving heart health in the communities of Lake and Mecosta Counties.



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